

**Interesting in becoming a lifeguard but aren't sure if you have what it takes? Participate in our FREE Lifeguard Preparation class!**



# FREE LIFEGUARD PREPARATION CLASS

**Bud Kearns Pool  
2229 Morley Field Dr.  
619) 692-4920**

This is a FREE, drop in class.  
Pre-registration is not required.

**May 28 - June 13, 2019  
Tuesdays & Thursdays, 5:30-7:30pm**

## **Prerequisites & Requirements**

Participants must be comfortable in the water, be familiar with freestyle & treading water & be 15 years of age by June 28<sup>th</sup>.

The Lifeguarding Preparation Class is designed to coach and teach individuals interested in taking a Lifeguard Training Class but who may not be confident or strong enough swimmers to pass the prerequisite test. This class will prepare individuals to complete the skills listed under "Tryouts & Prerequisites" for the Lifeguard Training Class on the reverse side of this flyer.

Participation & attendance in this class **does not guarantee** participants will be able to complete the requirements for taking a Lifeguard Training Class. It will only serve to familiarize participants with skills needed to take an LGT class and increase their endurance and comfort in the water.